



# UNIVERSAL HEALING TAO®

## Agreement for

(Type in Qigong/Associate/Certified Instructor/Practitioner)



Dear

Congratulations on having completed the necessary requirements for being certified and joining the UHT SYSTEM®. The highest standard of ethical and moral conduct is required for certification as an UHT Instructor/Practitioner. Upon receiving the certificate as a UHT Instructor/Practitioner, issued by UNIVERSAL HEALING TAO® Network Asia and handed to me by Grandmaster Chia and/or an UHT Inner Alchemy Senior Instructor. I will be aware of the listed terms and conditions of certification and ethics as described below.

Please read carefully, type in your name and sign on the line below to indicate that you understand and agree to all the terms and conditions.

### I Terms and Conditions of Certification

1. I am maintaining an updated body of knowledge regarding UNIVERSAL HEALING TAO® practices
2. I am only allowed to teach the practices in which I am certified, printed in my UHT Certificate and shown in our global UHT Instructor-Directory
3. Giving credit and respect to all promotion materials produced by UHT System and Grandmaster Mantak Chia

### II Entitlements

1. As a certified UHT Instructor/Practitioner you are entitled to use the UNIVERSAL HEALING TAO® name and logos to promote your instruction. Any commercial products (such as books, booklets, videos, tapes, or CDs) based upon UNIVERSAL HEALING TAO® tenets and/or practices that you produce & market are subject to a contract with and from the UNIVERSAL HEALING TAO Center.
2. You are given the appropriate instructor status and certification keys in the UHT SYSTEM and the global UHT Instructor-Directory.
3. Upon receiving the certificate, I am entitled to benefits, discounts etc. For this purpose, I receive personal instruction and a specialist.

### III Commitments

1. Membership in the Continental UNIVERSAL HEALING TAO® Network and conformity to their rules and regulations is a requirement for certification. A member must maintain good standing with regard to dues established by the Continental Network and membership must be kept current.
2. Participation in the Continental Instructor retreats usually held every four years within the continent
3. Fees for instruction shall not exceed the recommendations of the Continental Networks. (See [www.universaltaoinstructors.com](http://www.universaltaoinstructors.com) ⇒ Downloads ⇒ Evaluation Fees)
4. Only approved instructional materials may be used as a part of UNIVERSAL HEALING TAO® instruction.
5. All Instructors and Practitioners maintain records of all students with name, address, date of birth, title and date of the course completed and send those records to Continental Network Asia. ⇒ I have also been informed that all my data collection is voluntary except of the names and e-mail addresses.

### IV Liabilities

1. Certification by the UNIVERSAL HEALING TAO® System carries no expressed or implied insurance coverage for liability incurred while instructing the UNIVERSAL HEALING TAO® practices. Liability insurance should be maintained by each individual UHT Instructor/Practitioner.
2. Certification carries no expressed or implied authority to engage in medical or healing practices. UNIVERSAL HEALING TAO® certification is for instructing individuals to care for themselves. Use of any of the UNIVERSAL HEALING TAO® techniques for medical purposes can only be performed under supervision of qualified medical person. Please observe the legal regulations of your country.
3. No instruction may be given to any person under the age of 18 years without prior express written consent of a parent or legal guardian. Such express written consent must be maintained on file.

### V Ethics

1. Demonstrate acceptance of a clear, respectful and friendly Continental Instructor Network
2. Constantly respect Grandmaster Chia, UNIVERSAL HEALING TAO® teachings, Instructors, and all students in our words and actions.
  - a) Foster cooperation, sharing and trust amongst Instructors as well as in UHT organization
  - b) Being helpful and compassionate amongst each other
  - c) Clear, honest and open communication
  - d) Teaching in the same area we maintain the principle of abundance
3. Actively seek cooperation between Instructors and being accountable for the quality of the UNIVERSAL HEALING TAO® System
4. Be clear when informing students about fees, conditions of the class, duration, and expected results (for instance, students of the sexual practices understand that the practices are internal, and they will receive instructions while sitting on their chairs and that there will be **no nudity or any actual sexual practice in the class**;
5. Be honest in representing our background and experience to students and the general public;
6. Be scrupulous in maintaining the boundaries of the teacher-student relationship and be clear in our communications.  
**Never be involved in sexual affairs with actual students;**
7. Be, from the beginning, clear and transparent about economic conditions with workshop organizers and with students;
8. Give your best to be a model of the TAO teachings;
  - a) be a good model and honest as a human being;
  - b) good listener to the real needs of your student;
  - c) keep in mind the spiritual development of your students;
  - d) create ways to spread the teachings;
  - e) be and act in accordance to the Taoist Virtues
9. We are aware of our powerful position and honor the responsibility to harmoniously develop the UNIVERSAL HEALING TAO® System

### VI Revocation

1. Violation of the above terms and conditions of certification, standards or ethics and agreements and the rendering of improper training or instruction will result in the immediate revocation of UNIVERSAL HEALING TAO® certification.

### VII Additional Terms for upgrading to higher levels

1. To continue your education and training in Mantak Chia's UNIVERSAL HEALING TAO® system, please take a look at our training rules.
2. Please go to [www.universaltaoinstructors.com](http://www.universaltaoinstructors.com) ⇒ Become an Instructor or login to your personal Instructor profile in our UHT Instructor-Directory: [www.universaltaoinstructors.com](http://www.universaltaoinstructors.com) ⇒ My Downloads for further Information - or contact your UHT Country Coordinator
3. You can only pass on the contents of the subjects and practices for which you are certified to my future students.

### VIII Data Protection Statement

With your signature you acknowledge our Data Protection Statement. See ⇒ [DOWNLOAD LINK](#)

DATE

Print Surname Name of new Instructor/Practitioner

Signature of new Instructor/Practitioner



# UNIVERSAL HEALING TAO® System

Chi Nei Tsang® II Chasing the Winds

## Case Study Form

### Application for CNT 2

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

Email: [universaltao@universal-tao.com](mailto:universaltao@universal-tao.com)

Website: [mantak-chia-chi-nei-tsang.com](http://mantak-chia-chi-nei-tsang.com)



Applicants profile for becoming ☐ CNT 2 Practitioner ☐ CNT 2 Teacher

|              |                      |
|--------------|----------------------|
| First Name   | Last Name            |
| e-mail       |                      |
| Zip          | City                 |
| Street / No. | Date of Birth & Time |
| Phone        | Mobil Phone          |
| Country      | State                |
| Facebook     |                      |

Dear Chi Nei Tsang® 2 Trainee,

to reach the level of a 'UHT Chi Nei Tsang® 2 Practitioner', 70 completed Case Study Forms are needed. To train and develop your skills, Grandmaster Mantak Chia wants you to show your Chi Nei Tsang® practice for this part of your Chi Nei Tsang® 2 education. Within each of the 70 sessions with Students (partners, clients, friends or relatives), several actions are necessary. Please observe the legal regulations valid in your country.

Thank you very much !

UHT Chi Nei Tsang® 2 is an element of the UNIVERSAL HEALING TAO® System. I confirm that I will not publish, teach, or in any form or way attempt to impart the principles of the Universal Tao to the public, until such time as I have received personally from Grandmaster Mantak Chia, or his representative, the training and testing necessary to become a qualified practitioner of the UNIVERSAL HEALING TAO® Chi Nei Tsang® 2 practices.

#### Letter of agreement

Hereby I confirm with my signature that I have been informed about the general conditions and principles of the treatment and I agree with them. I have also been informed that all my data collection is voluntary.

Furthermore, I agree that the treatment data, evaluations, and documentation concerning my person will be stored for 5 years for the purpose of treatment by the above-mentioned institution. This also applies to any treatment data and findings from an external treatment by a third party which may have been transferred to the institution.

I am aware that I can withdraw my consent in whole or in part, at any time - for the future. This results in a termination of the treatment contract and the deletion of my data. My data is subject to confidentiality and will be treated strictly confidential. I understand that data concerning my person will only be passed on to third parties to the extent required by a judicial order or other legal obligation, provided that, to the fullest extent permitted by law, I will be notified of such a required disclosure.

Date

Signature

Print only 1 time

## DESCRIPTION & PROFILE OF THE STUDENT

|  |  |                                  |  |
|--|--|----------------------------------|--|
| <b>1. First Name:</b>  |  | <b>Surname:</b>                  |  |
| <b>2. Gender:</b> <input type="checkbox"/> female <input type="checkbox"/> male <input type="checkbox"/> other   |  | <b>Date of Birth &amp; Time:</b> |  |
| <b>3. E-mail</b>   |  |                                  |  |
| Line 1-3 is needed. All further details from here are personal data and can be blackened or completely cut off. Questions about Students self-assessment:  |  |                                  |  |
| <b>Body Constitution:</b> <input type="checkbox"/> underweight <input type="checkbox"/> slim <input type="checkbox"/> normal <input type="checkbox"/> muscular <input type="checkbox"/> corpulent <input type="checkbox"/> overweight  |  |                                  |  |
| <b>5 Element Balance:</b> <input type="checkbox"/> Water <input type="checkbox"/> <input type="checkbox"/> Wood <input type="checkbox"/> <input type="checkbox"/> Fire <input type="checkbox"/> <input type="checkbox"/> Earth <input type="checkbox"/> Metal <input type="checkbox"/> |  |                                  |  |
| e.g. Chi Balance of the element: <input type="checkbox"/> = strong <u>water</u> = normal <input type="checkbox"/> = weak   |  |                                  |  |
| Find 5 Element balance through: <a href="http://www.universal-tao.com/InnerAlchemyAstrology">www.universal-tao.com/InnerAlchemyAstrology</a>   |  |                                  |  |
| <b>Sleep:</b> <input type="checkbox"/> regularly <input type="checkbox"/> irregularly <input type="checkbox"/> mostly quiet <input type="checkbox"/> restless <input type="checkbox"/> very restless   |  |                                  |  |
| <b>Emotional Level:</b> <input type="checkbox"/> very restrained <input type="checkbox"/> restrained <input type="checkbox"/> normal <input type="checkbox"/> temperamentally <input type="checkbox"/> irascible   |  |                                  |  |
| <b>Stress Conditions:</b> <input type="checkbox"/> never <input type="checkbox"/> occasionally <input type="checkbox"/> regularly <input type="checkbox"/> ongoing <input type="checkbox"/> too much   |  |                                  |  |
| <b>Women: Are you pregnant?</b> <input type="checkbox"/> no <input type="checkbox"/> yes <b>Do you have an IUD?</b> <input type="checkbox"/> no <input type="checkbox"/> yes   |  |                                  |  |
| <b>Do you have a pacemaker?</b> <input type="checkbox"/> no <input type="checkbox"/> yes <b>Do you have thrombosis?</b> <input type="checkbox"/> no <input type="checkbox"/> yes   |  |                                  |  |
| <b>Are you taking antipsychotic drugs?</b> <input type="checkbox"/> no <input type="checkbox"/> yes  |  |                                  |  |
| <b>Main challenges:</b>  |  |                                  |  |

I am aware that Chi Nei Tsang® 2 is primarily an educational process enabling me to care for myself in a more informed way. I know that I am responsible for my own physical, emotional, mental, and spiritual well-being. This training in Chi Nei Tsang® 2 will enable me to understand myself better and become capable of functioning more fully as a complete being in harmony with myself. I am not here to be treated for any illness, disease, or disability. With Chi Nei Tsang as taught by Grandmaster Mantak Chia no diagnoses are made, it can in no case replace the consultation with a medical doctor.

Date

Signature Student

## CNT 2: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 1 NAME Student :

DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

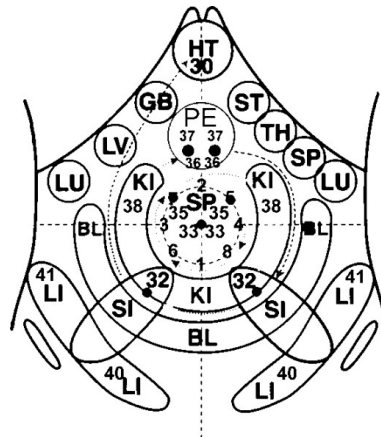
Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

- O relaxing the body through leg movements
- O activating groin pulse and soul gates
- O opening the wind gates
- O checking wrist pulse
- O loosening the thorax and abdomen

### Wind Numbers:

- O **1 attacks the liver, pericardium and the heart** 35lr, 32lr, 37rl, 30, liver, chest, sternum, 22, 23, 24, 53
- O **2 attacks tongue, jaw, eyes, head** 35lr, 32lr, 37rl, 30, 15, (jawline), 16, 13, 2, 3, 4, 5, 11, 12, 14, massage the eye-socket bones, 10, 8, 9, 6, 7, 27
- O **3 attacks kidneys** 35l, 33lr, 35r, 38l, 32lr, 38r, 36rl, 34lr, 39lr, 8, 9, 20, 52, 53
- O **4 attacks vena cava, aorta, lumbar plexus, causes aches, tiredness** 32lr, 40l, 41l, 48lr, 41r, 40r, 34lr, 42, 20, 21, 24, 75, 25, 76, heart meridian, 77, 79, 80, 81, 82, 83, 26, 28, 29, 78, 31, 45, 46, 69 or 54, 55, 57, 66
- O **5 makes abdomen stiff, hard, tight and tender** 35l, 33lr, 35r, 36rl, 34lr, 41lr, 1, 43 (let client do!), 27, 57, 66
- O **6 causes cramps** 35l, 33lr, 35r, 36rl, 41lr, 49lr, 15, 13, 78, press toes towards body -leg stretched, slapping technique, 69, 70, 71, 72, 64, laughing baby
- O **7 attach the heart and causes shaking** 35l, 33lr, 35r, 38lr, 36rl, 13, 44, 45, 47
- O **8 causes chest pain** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, rib cage, sternum, 22, 23
- O **9 makes the legs and feet tired** 33lr, 35rl, 34lr, 36rl, 39lr, 40l, 41l, 49lr, 41r, 40r, 22, 48, 50, 55, 61, 62, 63, 64, 66, 67, 68, 74
- O **10 causes pain, numbness, heat** press 19 while working on the navel points, 35lr, 36rl, 19, 18, 17, 20, 25, 26, 28, 29, 65, 66, 67, 68, 74
- O **11 affects nerves and causes stiff back** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 75, 20, 26, 31, 44, 45, 46, 47, 73
- O **12 causes excess heat and cold** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 41lr, massage ribs, sternum, 74
- O clearing small intestine
- O liver and gall bladder
- O heart and sternum
- O intercostal muscles
- O abdominal/pelvic clearing
- O psoas, sciatic nerve
- O work on other parts of the body
- O collect energy in the navel

- O recommendation related to:
- O detox method .....
- O inner smile.....
- O 5 element nutrition.....
- O iron shirt position.....
- O healing sounds.....
- O Inner Alchemy Astrology



Comment:

## CNT 2: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 2 NAME Student :

DATE:

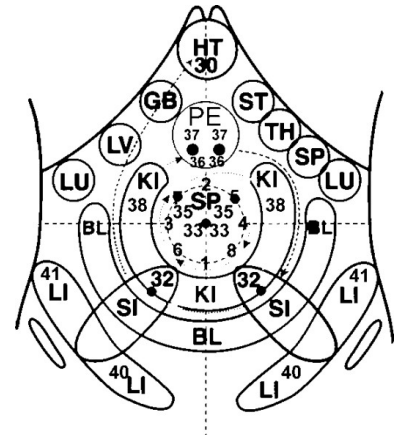
Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

- O relaxing the body through leg movements
- O activating groin pulse and soul gates
- O opening the wind gates
- O checking wrist pulse
- O loosening the thorax and abdomen

### Wind Numbers:

- O **1 attacks the liver, pericardium and the heart** 35lr, 32lr, 37rl, 30, liver, chest, sternum, 22, 23, 24, 53
- O **2 attacks tongue, jaw, eyes, head** 35lr, 32lr, 37rl, 30, 15, jawline, 16, 13, 2, 3, 4, 5, 11, 12, 14, massage the eye-socket bones, 10, 8, 9, 6, 7, 27
- O **3 attacks kidneys** 35l, 33lr, 35r, 38l, 32lr, 38r, 36rl, 34lr, 39lr, 8, 9, 20, 52, 53
- O **4 attacks vena cava, aorta, lumbar plexus, causes aches, tiredness** 32lr, 40l, 41l, 48lr, 41r, 40r, 34lr, 42, 20, 21, 24, 75, 25, 76, heart meridian, 77, 79, 80, 81, 82, 83, 26, 28, 29, 78, 31, 45, 46, 69 or 54, 55, 57, 66
- O **5 makes abdomen stiff, hard, tight and tender** 35l, 33lr, 35r, 36rl, 34lr, 41lr, 1, 43 (let client do!), 27, 57, 66
- O **6 causes cramps** 35l, 33lr, 35r, 36rl, 41lr, 49lr, 15, 13, 78, press toes towards body -leg stretched, slapping technique, 69, 70, 71, 72, 64, laughing baby
- O **7 attach the heart and causes shaking** 35l, 33lr, 35r, 38lr, 36rl, 13, 44, 45, 47
- O **8 causes chest pain** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, rib cage, sternum, 22, 23
- O **9 makes the legs and feet tired** 33lr, 35rl, 34lr, 36rl, 39lr, 40l, 41l, 49lr, 41r, 40r, 22, 48, 50, 55, 61, 62, 63, 64, 66, 67, 68, 74
- O **10 causes pain, numbness, heat** press 19 while working on the navel points, 35lr, 36rl, 19, 18, 17, 20, 25, 26, 28, 29, 65, 66, 67, 68, 74
- O **11 affects nerves and causes stiff back** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 75, 20, 26, 31, 44, 45, 46, 47, 73
- O **12 causes excess heat and cold** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 41lr, massage ribs, sternum, 74
- O clearing small intestine
- O liver and gall bladder
- O heart and sternum
- O intercostal muscles
- O abdominal pelvic clearing
- O psoas, sciatic nerve
- O work on other parts of the body
- O collect energy in the navel
- O recommendation related to:
  - O detox method .....
  - O inner smile.....
  - O 5 element nutrition.....
  - O iron shirt position.....
  - O healing sounds.....
  - O Inner Alchemy Astrology



Comment:

## CNT 2: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 5 NAME Student :

DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

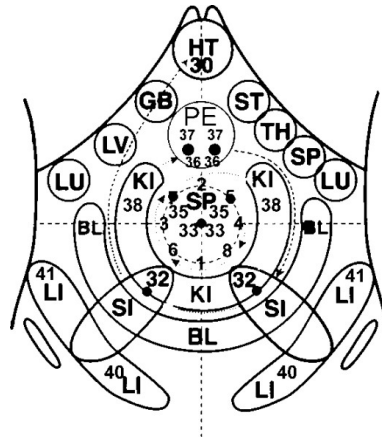
- ☐ Relaxing the body through leg movements
- ☐ activating groin pulse and soul gates
- ☐ opening the wind gates
- ☐ checking wrist pulse
- ☐ loosening the thorax and abdomen

### Wind Numbers:

- ☐ **1 attacks the liver, pericardium and the heart** 35lr, 32lr, 37rl, 30, liver, (chest, sternum) 22, 23, 24, 53
- ☐ **2 attacks tongue, jaw, eyes, head** 35lr, 32lr, 37rl, 30, 15, jawline, 16, 13, 2, 3, 4, 5, 11, 12, 14, massage the eye-socket bones, 10, 8, 9, 6, 7, 27
- ☐ **3 attacks kidneys** 35l, 33lr, 35r, 38l, 32lr, 38r, 36rl, 34lr, 39lr, 8, 9, 20, 52, 53
- ☐ **4 attacks vena cava, aorta, lumbar plexus, causes aches, tiredness** 32lr, 40l, 41l, 48lr, 41r, 40r, 34lr, 42, 20, 21, 24, 75, 25, 76, heart meridian, 77, 79, 80, 81, 82, 83, 26, 28, 29, 78, 31, 45, 46, 69 or 54, 55, 57, 66
- ☐ **5 makes abdomen stiff, hard, tight and tender** 35l, 33lr, 35r, 36rl, 34lr, 41lr, 1, 43 (let client do!), 27, 57, 66
- ☐ **6 causes cramps** 35l, 33lr, 35r, 36rl, 41lr, 49lr, 15, 13, 78, press toes towards body -leg stretched, slapping technique, 69, 70, 71, 72, 64, laughing baby
- ☐ **7 attach the heart and causes shaking** 35l, 33lr, 35r, 38lr, 36rl, 13, 44, 45, 47
- ☐ **8 causes chest pain** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, rib cage, sternum, 22, 23
- ☐ **9 makes the legs and feet tired** 33lr, 35rl, 34lr, 36rl, 39lr, 40l, 41l, 49lr, 41r, 40r, 22, 48, 50, 55, 61, 62, 63, 64, 66, 67, 68, 74
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- ☐ **12 causes excess heat and cold** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 41lr, massage ribs, sternum, 74

- ☐ clearing small intestine
- ☐ liver and gall bladder
- ☐ heart and sternum
- ☐ intercostal muscles
- ☐ abdominal pelvic clearing
- ☐ psoas, sciatic nerve
- ☐ work on other parts of the body
- ☐ collect energy in the navel

- ☐ recommendation related to:
- ☐ detox method .....
- ☐ inner smile.....
- ☐ 5 element nutrition.....
- ☐ iron shirt position.....
- ☐ healing sounds.....
- ☐ Inner Alchemy Astrology



Comment:

## CNT 2: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 6 NAME Student :

DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

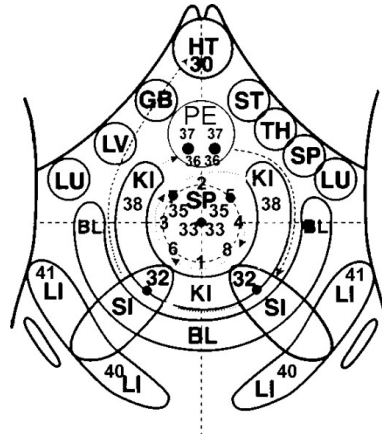
- ☐ relaxing the body through leg movements
- ☐ activating groin pulse and soul gates
- ☐ opening the wind gates
- ☐ checking wrist pulse
- ☐ loosening the thorax and abdomen

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- ☐ **3 attacks kidneys** 35l, 33lr, 35r, 38l, 32lr, 38r, 36rl, 34lr, 39lr, 8, 9, 20, 52, 53
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- ☐ **12 causes excess heat and cold** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 41lr, massage ribs, sternum, 74

- ☐ clearing small intestine
- ☐ liver and gall bladder
- ☐ heart and sternum
- ☐ intercostal muscles
- ☐ abdominal pelvic clearing
- ☐ psoas, sciatic nerve
- ☐ work on other parts of the body
- ☐ collect energy in the navel

- ☐ recommendation related to:
- ☐ detox method .....
- ☐ inner smile.....
- ☐ 5 element nutrition.....
- ☐ iron shirt position.....
- ☐ healing sounds.....
- ☐ Inner Alchemy Astrology



Comment:

## CNT 2: SESSION EXPLANATION & PRACTICE WITH STUDENT

SESSION 7 NAME Student :

DATE:

Recommendation: Clean hands for CNT Trainee, Student can stand, sit or lie down.

Feedback from Student: ☐ no change ☐ better ☐ good ☐ worse

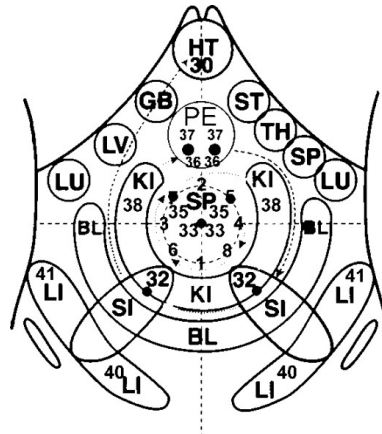
- ☐ Relaxing the body through leg movements
- ☐ activating groin pulse and soul gates
- ☐ opening the wind gates
- ☐ checking wrist pulse
- ☐ loosening the thorax and abdomen

### Wind Numbers:

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- ☐ **3 attacks kidneys** 35l, 33lr, 35r, 38l, 32lr, 38r, 36rl, 34lr, 39lr, 8, 9, 20, 52, 53
- ☐ **4 attacks vena cava, aorta, lumbar plexus, causes aches, tiredness** 32lr, 40l, 41l, 48lr, 41r, 40r, 34lr, 42, 20, 21, 24, 75, 25, 76, heart meridian, 77, 79, 80, 81, 82, 83, 26, 28, 29, 78, 31, 45, 46, 69 or 54, 55, 57, 66
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- ☐ **9 makes the legs and feet tired** 33lr, 35rl, 34lr, 36rl, 39lr, 40l, 41l, 49lr, 41r, 40r, 22, 48, 50, 55, 61, 62, 63, 64, 66, 67, 68, 74
- ☐ **10 causes pain, numbness, heat** press 19 while working on the navel points, 35lr, 36rl, 19, 18, 17, 20, 25, 26, 28, 29, 65, 66, 67, 68, 74
- ☐ **11 affects nerves and causes stiff back** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 75, 20, 26, 31, 44, 45, 46, 47, 73
- ☐ **12 causes excess heat and cold** 35l, 33lr, 35r, 38l, 32lr, 38r, 37rl, 30, 41lr, massage ribs, sternum, 74

- ☐ clearing small intestine
- ☐ liver and gall bladder
- ☐ heart and sternum
- ☐ intercostal muscles
- ☐ abdominal pelvic clearing
- ☐ psoas, sciatic nerve
- ☐ work on other parts of the body
- ☐ collect energy in the navel

- ☐ recommendation related to:
- ☐ detox method .....
- ☐ inner smile.....
- ☐ 5 element nutrition.....
- ☐ iron shirt position.....
- ☐ healing sounds.....
- ☐ Inner Alchemy Astrology



Comment: